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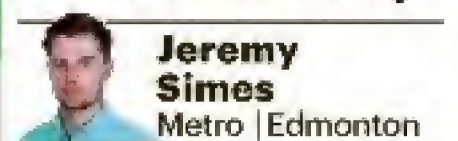


URBAN ETIQUETTE
The ghoster, male or female, is a lazy moral coward. Good riddance, I say, and so should you
metroVIEWS

Your essential daily news | MONDAY, APRIL 10, 2017 High 9°C/Low 0°C Possible showers

Health care for refugees 'confusing'

UNIVERSITY OF ALBERTA
Researcher urges governments to create specialized clinics in the city



Edmonton needs a new clinic specifically designed for refugees entering the city, says an Alberta master's student, after her research found multiple barriers in the health-care system. The research — which will be outlined Tuesday — shows hospitals are without on-site translators to help Syrian refugees needing care in emergency rooms, according to Rhianna Charchuk, a University of Alberta master's student who's studying science at the school of public health. "A woman I spoke with had a child translate for her when

she was giving birth at the Royal Alex," she said Sunday, noting hospitals can call translators over the phone or book them in. "It was pretty difficult for them." On top of that, Charchuk — whose team interviewed 16 privately sponsored families (33 adults) — found "a lot of confusion among health-care providers" over what needs are covered. "They have coverage (through a federal government program), but people are still paying for prescriptions, dental and vision even though they shouldn't have to," she said. "Money is very tight for them, so some don't get certain treatments because they can't afford them." As a result, she's urging the provincial and federal governments to help create a clinic that's geared for newcomers in Edmonton. "It's something Calgary already has," she said, noting the southern city's clinic is called the Mosaic Primary Care Network.

BRING ON THE SHARKS

McDavid hits 100-point mark in 5-2 win over Canucks
plus Whyte Ave. vs. Downtown: Where to watch the Oilers take on San Jose in the first round **metroNEWS**

THE CANADIAN PRESS



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A Gift of Connection and Transformation

A stunning new outdoor garden will bloom in 2018 at the University of Alberta Botanic Garden. The Aga Khan Garden, Alberta, is a symbol of the ongoing partnership between the University of Alberta and the Aga Khan Development Network — a collaboration that has fostered intellectual, cultural and educational exchange for over a decade.

Unique to Edmonton's northern climate and inspired by Islamic landscape architecture, the garden will offer a space for connection, contemplation and education, enabling cultural understanding to flourish. This is just the second Islamic garden in North America and the northernmost in the world. It will join a network of Islamic gardens built or restored by the Aga Khan Trust for Culture around the globe.

With secluded forest paths, wide, stepped terraces that adapt to the seasons, geometric water features that stream into wetlands, and a spectacular orchard of local plants, the Aga Khan Garden will transform the landscape and perspective of visitors alike.

The University of Alberta is grateful to His Highness the Aga Khan for a gift in excess of \$25 million for the new garden. The Aga Khan Garden embodies extensive research, creative design and broad thinking to enhance the visitor experience.

Learn more at uab.ca/akg and at akdn.org

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Big-screen treatment for immigrant's gritty story

FILM

Zekarias Mesfin from Ethiopia went through a lot to be here

Lucy Haines
For Metro | Edmonton

Like many new immigrants, Zekarias Mesfin came to Canada with hope for a better life.

But the road to get here was long, and included violence, hunger, but hope too, he said. So this year he travelled back to his native Ethiopia, where he partnered with a film company to create *Ewir Amora Kelabi*, a new film getting some high-profile attention.

Mesfin wrote, produced and starred in the film, which premieres next month at the African Film Festival in New York City.

Mesfin's story of resilience is not that uncommon among fellow refugees — he left Ethiopia as an orphaned 14 year-old boy, he said, and crossed the Sahara Desert to Sudan on foot. He eventually made it to Egypt, where he spent two years in prison for illegal border crossing.

Finally, he made it to Canada nearly a decade ago, arriving in Vancouver first before moving to Edmonton.



Zekarias Mesfin was featured in an award-winning documentary about being a refugee in Edmonton. KEVIN TUONG / FOR METRO

But what is unique is Mesfin's determination to archive his journey, along with the struggle for survival faced by thousands of fellow African migrants.

"My dream has come true, and now the cup is overflowing," said 32-year-old Mesfin, now married with two young sons, Christian,

2, and Yeab, four months, and working at a barber shop on 118 Avenue. The entire family will attend the prestigious U.S. festival, "with hotel, limousine, meals—it's unbelievable," he said.

"I made this film because it's important for the new generation of Africans to know what is

happening, and for my children and the world to know too.

We were beaten; men lost their eyes and people were robbed by desert gangsters. I saw women being raped, and people dying of hunger and thirst. It bothers me every time I see the news, with refugees dying in

“

My dream has come true, and now the cup is overflowing.

Zekarias Mesfin

the ocean or desert. I had to tell people what I saw — what is still happening."

Meheret Worku, who works with Edmonton's Ethiopian community, says Mesfin's efforts are remarkable, not only because he risked personal safety returning to Ethiopia to retrace his journey and make the film, but because he and his wife Nardos Tadesse had to save nearly every penny earned for years (some \$200,000) so he could return home to tell his story — all while Tadesse took care of a newborn baby alone.

"It's important to the African community, but I hope the film is noticed by world governments too — we can hope for change in how refugees are treated as they cross borders to try for a better life," she said.

Despite the clamour around the film's premiere, Mesfin spoke softly about continuing to cut hair, maybe in his own shop someday — as his mother did.

"The film title translates to mean 'I was a blind bird — I didn't know where I was going, but God brought me here,'" he said. "I'm very happy to be here."

Edmonton DIGEST

ENVIRONMENT
City keen to make solar panels easier to get

The city is looking to tweak a bylaw to make it easier for homeowners to install solar panels.

The proposed changes, which go to a public hearing debate Monday, would mean less paperwork for residents looking to install roof-mounted panels; Edmontonians wouldn't need to apply for a development permit.

JEREMY SIMES / METRO

SPORT
Scoreboard dilemma

The city is looking for a new home for the old scoreboard at the Northlands Coliseum. A report released Thursday shows the scoreboard is in "fair" condition but not operable. City council will discuss what to do with the board Tuesday.

JEREMY SIMES / METRO

ACCIDENT
Man dies in Leduc crash

A man, 29, has died after he drove into the ditch Sunday near Leduc, according to RCMP. The incident happened on Township Road 490. METRO

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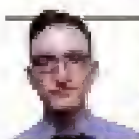
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EDMONTON HEROES Ordinary people doing extraordinary things

'Knowledge is a great tool'

RESIDENTIAL SCHOOLS

Library's Elder in Residence hopes to open door for others



Kevin Maimann
Metro | Edmonton

The Edmonton Public Library's Elder in Residence has helped many work through the trauma caused by residential schools.

But before he could help others, Elder Wilson Bearhead from the Paul First Nation had to come to terms with the pain that stemmed from his own parents enduring the residential school system.

"I had to deal with myself first. I had to interpret and understand (my parents') behaviours. They were very abusive at times, and they also drank a lot, so there was a lot of things that we didn't receive as children," he said.

Bearhead said there was often no food on the table, and his parents would go on drinking binges and leave the kids home by themselves.

"I often wondered where all this is coming from. And now I know — I understand now."

Bearhead vowed not to put his children through the same experience, and he has refrained from alcohol and drugs for 35 years.

When Canada's Truth and Reconciliation Commission began its work several years ago, Wilson wanted to do his part to help others outside of his own family as well.

He started meeting with residential school survivors and their families through Native Counselling Services, taking part in healing circles and



The Edmonton Public Library's Elder in Residence Wilson Bearhead had to work through his own trauma before he could help others. KEVIN MAIMANN/METRO

sometimes driving them out to the residential school sites for them to tell their stories.

"All we can do is let them talk," Wilson said. "We cannot give them the answers because the answers are within themselves. And the more they talk about their pain, they're letting it go. They're starting their own healing path."

Bearhead is a member of the Wabamun Lake Indian Band and has served as Grand Chief of the Confederacy of Treaty 6 First Nations, as well as the Alberta Regional Chief for the



The more they talk about their pain, they're letting it go. They're starting their own healing path.

Elder Wilson Bearhead
on residential school survivors

Assembly of First Nations.

He now shares his message with kids through Edmonton Public Schools and Elk Island Public Schools by teaching songs and stories he learned from his grandma, to foster cultural and spiritual understanding.

"I always tell them, I'm going to teach you how to sing just like me in two minutes," Bearhead said.

"They catch on so fast. And then when I leave the school, I can hear the kids singing as they go on to their next class. They remember."

Bearhead will work two days a week at library, alternating between the Abbottsfield and Enterprise Square branches. He will host programs, support staff, provide smudges, offer prayers and more, based on feedback and community needs.

Ultimately, he hopes to open doors for other Indigenous people to work in libraries.

"Knowledge is a great tool, and libraries hold a lot of knowledge," Bearhead said.

"I'd like to see a lot more Indigenous people be part of it."

Nominations

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HEALTH

Brothers grow concerned for sister addicted to fentanyl



Elizabeth Cameron
For Metro | Calgary

Levon Yin remembers his sister fondly.

"Chelsea was warm — she was caring, she was funny as hell," Levon said.

"It's hard to talk to her kids about her, but that's one thing we do talk about — how much she would make us laugh."

His sister isn't dead, but she's addicted to fentanyl and, according to her brothers, a shell of her former self.

"I'm worried every day I'll get a call that my sister is dead," Eli Yin said.

"I'd love for her to have a breakthrough, a trigger-point for her to get better and all this to have a happy ending, but truthfully, I'm waiting for that call."

Albertans are dying from



Levon and Eli Yin are sharing their family's story in the hope of sparking uncomfortable but life-saving conversations.

ELIZABETH CAMERON/FOR METRO

fentanyl-related or fentanyl-analogue overdoses at twice the rate compared to last year.

New data from the province shows 51 Albertans died from a fentanyl-related overdose in the first six weeks of the year, nearly double the total (28) in the same period last year.

According to her brothers, Chelsea sought out a doctor's prescription to relieve her pain from fibromyalgia several years ago. Soon enough, she was hooked and all her money was pouring into getting more drugs.

Rent, bills and her children

went neglected as both Chelsea and her partner spiralled into full-blown fentanyl addictions.

"They felt they were Superman and Superwoman, that this drug allowed them to be the parents they couldn't be before," said Eli. "But then they got hooked and couldn't stop."

Three years passed before the family knew what was really going on — that's when Levon said Child and Family Services got involved, and his niece and nephew were taken in by family members.

Everyone was hopeful it

would be a turning point, but things only got worse.

"They weren't ready to listen and they're still not ready to listen," Levon said.

The couple is currently living on the streets and largely out of touch with the family.

"It's a constant struggle of feeling anger towards her, but feeling empathy as well," Eli said.

Levon said he struggles with a lot of personal guilt.

"We've seen their lives unravel in the last three years because of fentanyl. It's wreaked havoc on me emotionally," he said.

The brothers are sharing their story in the hopes it provokes painfully honest conversation.

"A lot of people are in this boat, but no one is willing to talk about it and be 100 per cent open, honest and truthful," Eli said.

They have no idea if Chelsea will be alive tomorrow, next week, or even next year, but there's one thing they're certain of.

"Each day she doesn't get the help she needs, the effect this has on her kids grows," Levon said.

REAL ESTATE

Million-dollar homes reach a five-year high



Kevin Maimann
Metro | Edmonton

Million-dollar homes are moving again.

The number of seven-figure homes purchased by Edmontonians in the first quarter of 2017 is the highest in five years, according to new numbers from the Realtors Association of Edmonton.

"It shows that consumers are feeling that the economy is strengthening and they're willing to make those big-ticket purchases," said the association's chair, James Mabey.

Thirty-two homes priced over \$1 million were purchased in the first quarter, compared to 20 in the first quarter of 2016.

Mabey said while other segments of the housing market have remained strong, the million-dollar sales had slowed significantly.

"We've had a lot of activity in entry-level price points for the first part of the year, and last year that market was still fairly robust, but it was



The number of seven-figure homes bought in the city rose in the first quarter of 2017. TORSTAR NEWS SERVICE

the move-up market where we felt a little bit more challenged," he said.

The priciest homes are located in Windermere and the central west end, and the most expensive of the bunch went for more than \$3 million.

The average single-family home is priced over \$439,000, and Mabey said the cheapest ones the city are in the \$250,000 range.

"It's pretty hard to come by, but there are still single family properties in the mid-twos in Edmonton — just not a lot of them," he said.

In total, 1,474 homes sold in the first quarter, which is an increase of 1.8 per cent over the first quarter of 2016.

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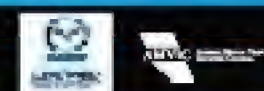
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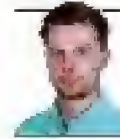


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City remembers Vimy

100TH ANNIVERSARY

People reflect on the loss of 10,000 Canadians in event



Jeremy Simes
Metro | Edmonton

Matt Walker found his great, great uncle's name etched on the Canadian National Vimy Memorial when visiting the French site in March.

"He died there," Walker said Sunday. "My great, great grandfather also served there, and it took a toll on his life as well."

Walker was among hundreds of Edmontonians commemorating the 100th-year anniversary of the Battle of Vimy on Sunday, marking the bloodshed in April 1917 that saw 3,598 Canadian soldiers die and more than 10,000 casualties.

"We had no idea how much sacrifice. It wasn't until you saw the graves there: thousands and thousands," Walker said. "It was awe-inspiring to be there."

The Battle of Vimy was the first time all Canadian divisions fought side-by-side, claiming victory over the Germans during the fight.

"Today is about celebrating Canadian achievements while also commemorating Canadian sacrifice," said Lt. Colonel Mark Beare, chief of staff of 3rd Canadian Division Support Group in Edmonton.

"It's something that is really hard to fathom these days, so that's what is important: To understand the sacrifice so many before us made so we can enjoy the life we have today."



Edmontonian Dianne Loh stands with children Marissa and Vincent to mark the 100th anniversary of the Battle of Vimy Ridge. JEREMY SIMES / METRO

He said roughly 1,000 Edmontonians fought in the battle, but couldn't recall the number of men who died.

"Edmonton played very large part in the Battle of Vimy Ridge," he said.

In a Canadian first, Edmontonians also stood sombrely in front of the cenotaph alongside soldiers.

"When people are standing on that vigil, I think they're doing it all for very independent reasons," said

Carolyn Patton, chair of Edmonton's Vimy 100 committee, "and they all have their own story, and they all have something different in their hearts in terms of what they're doing it for."

Edmonton resident Dianne Loh, whose husband works at the city's Canadian Forces base, stood with her children Vincent and Marissa.

"It's a good lesson to pass on to the kids: The sacrifices that were done before us in order for us to have the freedom we have now," she said.

"This was something very small: 15 minutes out of our lives. It's very little to ask."

RECOGNITION

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ALL PHOTOS JEREMY SIMES/METRO

" I came to really learn more about what all of this was about. After they had fought for four long years, and you have these soldiers who have done tremendous work for this country, we are commemorating them and also the victory.

Sophia Virgo-Facey



It's really important that our current society and our generation remembers the sacrifices that were made.

Unfortunately wars like this are starting to become forgotten, and we owe everything to those people who made those sacrifices. A hundred years seems like a long time, but it really isn't in the span of human history. Eddie Rasmussen



That monument in Vimy, France is something you have to see in person to believe how huge it actually is. Since then, you realize how incredibly important history is and how incredible Canadians are.

We really left with a sense of pride after we visited the monument last month.

Matt Walker



It's a good lesson to pass on to the kids: The sacrifices that were done before us in order for us to have the freedom we have now. Dianne Loh



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Plans suggest rushed timeline for bike path

ICEFIELDS PARKWAY

Documents reveal Parks Canada project on fast track

Parks Canada often promotes the Icefields Parkway between Jasper and Banff as "one of the most scenic drives in the world," but a plan to build a bike path along the route has hit its fair share of bumps in the road.

Documents suggest Parks Canada has been rushing ahead with the project after receiving federal money in 2016 with a two-year expiry date.

Months before public consultations began, officials discussed when shovels could hit the ground and looked ahead to a "kickoff" event that would celebrate the start of construction.

Last year's federal budget contained \$66 million to develop a 107-kilometre bike trail from the

Jasper townsite to the Columbia Icefields along the parkway. The trail, with a total budget of \$86 million, could eventually extend all the way to Banff.

Cyclists currently hug a narrow shoulder along the highway. Parks Canada is proposing a separate, paved route buffered from the busy road by 10 to 20 metres of trees, but environmental groups say it will damage sensitive caribou and grizzly bear habitat.

Public consultations began in January. Environment minister Catherine McKenna is expected to make a final decision based on the results of public feedback and a yet-to-be-completed detailed impact analysis, also known as an environmental assessment.

However, documents obtained under Access to Information legislation by researcher Ken Rubin and provided to The Canadian Press suggest that Parks Canada staff have been proceeding for months as if the project



Tourists walk on the Athabasca Glacier part of the Columbia Icefields in Jasper National Park. THE CANADIAN PRESS

is a done deal.

In a draft communications plan prepared in August 2016, staff wrote up a timetable for media events that included an event to mark the start of construction, "when Phase 1 of the

project is shovel ready," at an undetermined date in 2017. The timetable also includes a ribbon cutting to open Phase 1 — the Jasper to Columbia Icefields portion — at a undetermined date.

THE CANADIAN PRESS

POLITICS

Alberta PC party president resigns

The president of the Alberta Progressive Conservatives resigned Friday only weeks after Jason Kenney won the party leadership on a platform of forming a new united conservative movement with the Wildrose.

Katherine O'Neill said she needs a break after two years of working to rebuild the PCs following the party's devastating defeat in the 2015 provincial election that swept the NDP into power.

O'Neill said she is leaving on good terms with Kenney and was not asked or pressured to step down.

"I have had a very good working relationship with Mr. Kenney since he won," she said in an interview. "It has been a very respectful collaborative relationship and, for me, I just felt that this was that perfect time as we are just about to really kick up the unity discussions."

Kenney paid tribute to O'Neill in a post on social media, thanking her for years of hard work

under challenging circumstances.

He praised her for helping to rebuild the party's 87 constituency organizations and raising money to help pay off part of its debt.

"Rather than walking away after the (2015) election defeat, she dug deep and with others brought leadership to the party at a time of real adversity," Kenney wrote.

"The PC party is in a better financial position, with a much larger membership and more active constituency organizations than a year ago thanks in part to Katherine's leadership and hard work."

Kenney said he will work with the PC executive in the coming weeks to choose her successor.

O'Neill, a mother of three young children, said she wants to spend more time with family. "I'm not leaving for good," she said. "Just taking a breather and recharging my batteries."

THE CANADIAN PRESS

I'm not leaving for good. Just taking a breather

Katherine O'Neill

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Bar workers weigh in on street debate

Whyte Avenue or downtown? The choice is yours to make following playoff games this year. It's the first time Oilers fans will face a partying kerfuffle, as Whyte Avenue (remember the riots?) might no longer be the hot spot with the new arena being downtown. The city is mum on where it'll be closing roads, but Metro asked two local bar workers (one on Whyte and one downtown) about why their home street trumps the other.

JEREMY SIMES METRO

We do want this to be the area, for sure. Development in the downtown is blowing up so, by next year, this is going to be the spot, 100 per cent. The energy is just kind of here.

We're doing what we can to build the energy. I think people are just going to gravitate towards us. When the Oilers win, I want to be right there when 20,000 people just watching it walk out, and are just amped out of their minds.

The energy of Whyte is just different now compared to 11 years ago. They don't really have the sports bars and energy like they used to have. I mean, people will be amped wherever, but I just know people leaving the stadium are going to need to go someplace right after, and there is a bunch of us here.

Matt Kinell, general manager at Denizen Hall downtown

KEVIN TUONG/FOR METRO



"I think Whyte Ave, and our place, will be a great spot to get away from the car-flipping yahoos that may be on Jasper Avenue following games. It's a little bit more laid back. People still get excited, but it's not going to be that intense energy where people get carried away.

Downtown has changed so much. Back in the day, everyone would go on Jasper and run down then move everything over here. Now, there's a lot more bars and restaurants downtown, so I'm sure police are grateful it will be split, but I guess we will wait and see.

James Stewart, supervisor and bartender at the Empress Ale House on Whyte

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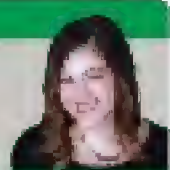
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Show support and open your wallet

Care about women getting elected? Show her the money

OPINION

Danielle Paradis



Last week the NDP launched a second tour of their #ReadyForHer campaign, designed to get more women into office. This time it'll include a series of videos, which Minister for the Status of Women Stephanie McLean called "basically an online campaign school."

"Our goal is very simple: to encourage more women to run for election in October 2017," McLean told reporters Thursday.

We often hear that we need to ask more women to run in elections, but what happens when she says yes?

Ladies, it's time to talk about money.

Nav Kaur was one of the 32 candidates battling for Ward 12's city council seat in last year's byelection. She says that for women, saying yes to a political campaign is just the beginning.

"I find that when you are asking a woman to run, there's no conversation about resources," she said.

Now, Kaur tells women interested in politics that when they are asked to run, they need to ask a few questions back.

"You need to ask people to be committed to your campaign," she said, especially in the financial sense. "Ask, will you give me time or treasure?"

According to the numbers,



Alberta Status of Women Minister Stephanie McLean expanded the #ReadyForHer campaign over the weekend. METRO FILE

while many people realize there are barriers to women in politics, they aren't always aware a lack of money is one of them.

In a survey by Abacus Data, 30 per cent of people interviewed thought that women didn't want to participate because politics are about conflict, negativity and personal attacks.

Meanwhile, only five per cent of respondents thought that women had more difficulty getting funding.

The truth is that politics is flooded with money, but sometimes women have difficulty accessing the pool.

A study of the US House of representatives found that women had a broader fundraising base but were more likely to receive smaller, individual donations. Women also tend to receive more money from female donor pools.

The fact is, women lead differently and bring a different set of priorities to government. The Abacus survey found that women were more likely to say they would campaign on issues of public health care, affordable housing and taking action on climate change.

Men on the other hand were more inclined to focus on reducing public debt, cutting corporate taxes and spending on infrastructure.

Everyone brings a different perspective to the table, and at the local level, an inclusive council makes for balanced and inclusive policy.

Instead of asking women to run, start telling them what you are going to do to help. Kaur said it is time to start by offering support.

"I will give you my money, my time door-knocking, my organizing skills."

SPORTS

Eskimos announce firing of Ed Hervey

The Edmonton Eskimos have fired general manager Ed Hervey.

Team president Len Rhodes confirmed the move Friday at a news conference. Rhodes said the search for Hervey's successor begins immediately, and Paul Jones, the club's executive director of player personnel, will serve as interim GM until Hervey's replacement is found.

Hervey, 43, has served as Edmonton's GM since December 2012 and built a Grey Cup-winning squad in 2015. He was in

the final year of his deal, and Rhodes said a new agreement couldn't be reached.

The six-foot-two, 195-pound Hervey joined the Eskimos as a receiver in 1999, retired as a player March 20, 2007 and served as Edmonton's head scout before being named as the club's GM on Dec. 10, 2012.

Overall, Edmonton posted a 40-32 record under Hervey, reaching the CFL playoffs in three of his four seasons at the helm.

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IN BRIEF

City reveals name of first Indigenous art park

The city has announced the name of what they say will be one of the country's first outdoor curated Indigenous art parks.

The space will be part of Queen Elizabeth Park and will be known as ĪNĪW (pronounced EE-NU) River Lot 11.

ĪNĪW is a Cree word meaning, "I am of the Earth," according to a city release.

The park is expected to open to the public in the fall of 2018. METRO

Why youth love Canada

Canada 150
Art

Hundreds of young people will celebrate through art



Gilbert Ngabo
Metro | Toronto

Ask kids why they love Canada and the answers may surprise you.

From polar bears and the Great Lakes to Justin Trudeau and the women's national soccer team, young people from across the country are voicing their views about what Canada means for them. And they're being creative about it.

It's all part of 150+ Reasons We Love Canada, a project that's engaging Canadian youth aged 10-29 to celebrate the country's 150th anniversary through beautiful art. Run by the non-profit VIBE Arts, the initiative has reached out to over 500 young people from under-resourced communities



VIBE Arts executive director Julie Frost is leading a mural project where kids explain why they love Canada. LIZ BEDDALL/METRO

in all provinces and territories.

The hand-painted murals will be unveiled to the general public ahead of July 1.

"Many of these young people don't have an opportunity to express their views about national issues," said VIBE Arts executive director Julie Frost. "We thought it was very im-

portant to give them this kind of platform where they're free to show their artistic talents and say something about the country."

As part of the project, the artistic charity teamed up with professional artists to run workshops in schools, shelters, public libraries and community cen-

tres in every province. Murals painted by the young people will be displayed for two months in Toronto subway stations and 20 airports across the country, including Pearson International. They'll also be digitized and showcased at different venues all over the country.

Frost said some themes from

the project are centred around geography (the Northern Lights, ravines and Maple Leafs), as well as famous and influential people (Justin Trudeau, Drake and athletes). But many submissions also touch on issues of peace, freedom and diversity.

"It really helps build healthy relationships," said Frost.

INDIGENOUS AFFAIRS

Pregnant women will have an escort

Health Minister Jane Philpott says Ottawa will now pay for someone to travel with Indigenous women who need to leave their communities to give birth — a change to what she called an "extremely unhelpful" policy.

In an interview with The Canadian Press, Philpott said she heard a "cry loud and clear" from indigenous health experts who were urging the federal government to allow pregnant aboriginal women to leave home with an escort.

"It is a major policy change for us," Philpott said. "It requires significant resources in order to be able to do that, but it is absolutely a wise investment."

Health Canada said Sunday that it's difficult to provide a cost estimate but it estimates \$22-million will be spent on the measure in the 2017-2018 budget year.

Indigenous women without proof of a medical need to have someone escort them have long been forced to have their children alone and far from their land, language and heritage, the minister said. THE CANADIAN PRESS

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POLICY

Feds aim to lower immigration detention

The federal government is "exploring potential policy changes" to reduce the length of immigration detention and get non-violent migrants out of maximum-security jails, according to a new report.

Canada Border Services Agency's "New National Immigration Detention Framework," released late Friday, is not a concrete plan as much as it is a general set of intentions. But, if implemented, it would signal a substantial shift in how Canada treats its unwanted immigrants.

Based on a series of stakeholder consultations conducted last fall in response to mounting public pressure, the report from Canada's border police agency says it wants to "better align" itself with international and domestic standards for immigration detention by reducing the use of maximum-security jails, expanding alternatives to detention and "drastically" shrinking the number of children in detention.

Canada's border police can detain immigrants who have been found inadmissible to the country if they believe they are a danger to the public, will not show up for their deportation, or if their identity is in doubt. The average length of detention last year

was 23 days, but hundreds of detainees end up languishing in deportation limbo for months or years.

A Torstar investigation found Canada's immigration detention system regularly subjects difficult-to-deport migrants to indefinite detention — often in maximum-security jails — and is routinely unable to solve long-term detentions.

BY THE NUMBERS

45 days-18 months

Europe's maximum length of detention for immigrants

60 days

Mexico's maximum length of detention for immigrants

Highlighted in the series is the fact that Canada is one of only a handful of developed countries that does not have any maximum length of detention for immigration detainees. In Europe, maximum lengths of detention range from 45 days to 18 months.

Mexico has a 60-day limit on immigration detention, while the United States doesn't technically have a limit, but the Supreme Court has ruled that, if after six months deportation is not reasonably foreseeable in the near future, the detainee should be released.

The United Nations Human Rights Committee called on Canada in 2015 to set a "reasonable" time limit on immigration detention, but the federal government has thus far been reluctant to change its policy.

Although the new report doesn't specify what policy changes are being considered, it does suggest the government is interested in detaining fewer immigrants who "do not pose a danger to Canadian society and who collaborate with the government" in their deportation.

Since taking power in the fall of 2015, the federal Liberals have already detained fewer people for immigration purposes than the Conservatives. They have also significantly reduced the use of provincial jails, at least in Ontario, where federal immigration detention payments have declined sharply in the past year. TORSTAR NEWS SERVICE

Suicide bombers kill dozens at church services in Egypt

TERRORISM

Government seeks to install 3-month state of emergency

Suicide bombers struck hours apart at two Coptic churches in northern Egypt, killing 44 people and turning Palm Sunday services into scenes of horror and outrage at the government that led the president to call for a three-month state of emergency.

Daesh claimed responsibility for the violence, adding to fears that extremists are shifting their focus to civilians, especially Egypt's Christian minority.

The attacks in the northern cities of Tanta and Alexandria that also left 126 people wounded came at the start of Holy Week leading up to Easter, just weeks before Pope Francis is due to visit.

Pope Tawadros II, the leader of the Coptic church who will meet with Francis on April 28-29, was



Blood stains pews inside the St. George's Church after a suicide bombing in Tanta, Egypt, on Sunday. Bombs exploded at two Coptic churches in the northern cities of Tanta and Alexandria as worshippers were celebrating Palm Sunday, killing over 40 people and wounding scores more.

NARIMAN EL-MOFTY/THE ASSOCIATED PRESS

in the Alexandria cathedral at the time of the bombing but was unhurt, the Interior Ministry said.

It was the single deadliest day for Christians in decades and the worst since a bombing at a Cairo church in December killed

30 people.

Late Sunday night, President Abdel-Fattah el-Sissi called for a three-month state of emergency. According to Egypt's constitution, parliament must vote in favour of such a declaration — a

certainty since it is packed with supporters of the president. It cannot exceed six months without a referendum to extend it.

The president also dispatched elite troops across the country to protect key installations and

accused unidentified countries of fueling instability.

The attacks highlighted the difficulties facing el-Sissi's government in protecting Christians, who make up about 10 per cent of Egypt's population.

"Where is the government?" screamed an angry Maged Saleh, who rushed to the church in the Nile Delta city of Tanta where his mother escaped the carnage.

The first bomb exploded inside St. George's Church in Tanta, killing at least 27 people and wounding 78, officials said, overturning pews, shattering windows and staining the white-washed walls with blood.

A few hours later, a suicide bomber rushed toward St. Mark's Cathedral in the coastal city of Alexandria, the historic seat of Christendom in Egypt, killing at least 17 people and wounding 48.

Pope Tawadros II had held Palm Sunday services at the cathedral and the timing of the attack indicated the bomber had sought to assassinate him.

THE ASSOCIATED PRESS

GLOBAL DIGEST

Sweden questions welcoming policies

Swedes questioned their immigration policies on Sunday after learning that an asylum-seeker from Uzbekistan was allegedly behind the truck rampage that killed four people.

The Swedish capital was slowly regaining its normal rhythm as details about the suspect emerged. Police said he had been ordered to leave Sweden in December because his request for a residence permit was rejected. AP

Russia and Iran affirm commitment to Assad

Russia and Iran renewed their support for the Syrian government in a flurry of calls on Sunday, saying last week's U.S. missile strike violated Syrian sovereignty but failed to boost the morale of "terror groups" in Syria.

Iranian President Hassan Rouhani called the strike on Friday a "blatant violation" of Syrian sovereignty. Assad accused the U.S. of trying to boost the morale of "terror groups." AP

AIRSTRIKES

Syrian refugees see glimmer of hope in Trump's policy shift

For the millions of Syrian refugees scattered across camps and illegal settlements, the chemical attack on a town in northern Syria and subsequent U.S. strike was a rare moment when the world turned its attention to Syria, before turning away again.

Some cheered the U.S. cruise missiles that hit an air base in central Syria, but others insist they are opposed to any U.S. intervention. Few had any hopes that the apparent sudden shift in President Donald Trump's policy would help their situation.

DRAMATIC CHANGE

The strike marked a swift reversal on Syria for Trump, who had repeatedly said the U.S. should stay out of the civil war. But several refugees regarded Trump's policy shift with bitterness, noting that he said he was moved to act by photos of the "beautiful babies" killed in the gas attack after working for months to bar millions of refugee children and their families from entering the United States.

Trump has not spoken on whether his renewed involvement in Syria will also include a changed policy on Syrian refugees. But some refugee agencies in the United States are hoping that change is coming as well.



Syrian refugee children run at an informal refugee camp, at Al-Marj town in Bekaa valley, east Lebanon. THE ASSOCIATED PRESS

TRUMP'S CHOICE

The Syrian refugees of Kawergosk in northern Iraq have been around for so long that their camp has turned into a small town. Shops of all kinds line its main street and most of the tents have been converted into small cement block houses.

Many of the camp's residents welcomed the American cruise missile attack on Syria but said that they wished America would go further and intervene to end the country's six-year civil war.

THE CURRENT POLICY

Trump had taken something

of a hands-off approach to Syria and Syrian refugees as both a private citizen and a presidential candidate, even urging President Barack Obama in 2013 to avoid getting involved in the civil war there. The first iteration of Trump's now blocked travel ban indefinitely barred all Syrian nationals from coming to the United States. The indefinite ban on Syrians was eliminated from a second version of the ban.

Trump has suggested at times that safe zones in and around Syria should be established to protect people.

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Claims that test limits

For some, income tax season is an opportunity to think outside the box and test the limits of what can be claimed. Some of the more daring tax claims Canadians have made:

■ Tax lawyer Paul DioGuardi once successfully defended a man who claimed a portion of the cost of his Rolls-Royce Silver Cloud as a business expense. He used it as a personal vehicle and as a delivery car for his clients.

■ Lisa Gittens, a tax professional with H&K Block, says a woman last year tried to claim her cat as a dependent and bringing in all her receipts for food and vet bills. If your pet is working for you, you may be able to claim their costs. A farmer was once allowed to claim cat and dog food because they were outdoor pets acquired to keep wildlife away.

■ Tax lawyer Paul DioGuardi's firm successfully defended a client's right to claim a \$5,000 Brioni suit that he only wore when he did media appearances, advertisements and television commercials. In this case it was part of the client's persona, DioGuardi said.

THE CANADIAN PRESS

Deadline to file taxes creeping up

ADVICE

Experts give some tips for tardy tax filers

More than a quarter of Canadians — 28 per cent — find the tax-filing process stressful, confusing and even intimidating, according to a TD survey.

But don't sweat it, says Tarsem Basraon, senior manager, wealth advisory services at TD Wealth Management. With the deadline just three weeks away, it's time to buckle down.

This year, you technically have an extra day because April 30 falls on a Sunday, so your return will be considered filed on time if it is postmarked on or before May 1, 2017.

Here are Basraon's last-minute tips for tax filers:

File on time

While late penalties are only applicable if you file past the deadline and owe money, it is strongly recommended you file on time — even if you think



New this year: Let the Canada Revenue Agency know if you sold your home. ISTOCK

you'll be getting money back — in case anything arises.

Forgotten claims

Do your research to determine what expenses you can claim. Many of the following are overlooked: charitable donations, child-care expenses, disability credits, medical expenses, travel medical insurance and moving expenses.

New for the 2016 tax year

Tax rules often change from

year to year, so keep up to date. For the 2016 tax year, there are several new rules. You now need to report the sale of a principal residence; the income-splitting family tax cut has been eliminated; and there are lower federal tax rates on income between \$45,282 and \$90,563 (from 22 per cent to 20.5 per cent). For a full list of changes, visit the CRA website.

TORSTAR NEWS SERVICE

150 WAYS of looking at Canada

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THE PRAIRIES AND MOUNTAINS



I GREW UP JUST OUTSIDE OF CALGARY, WITH A BREATHTAKING VIEW OF WHERE THE PRAIRIES MEET THE ROCKY MOUNTAINS. IT TOOK MOVING TO ANOTHER PROVINCE FOR A NUMBER OF YEARS TO REALLY APPRECIATE THE BEAUTY THAT SURROUNDED ME FOR SO LONG. **SIDNEY STARKMAN**



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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.



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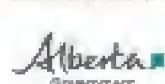
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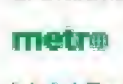
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New \$10 bank note unveiled

The Bank of Canada has unveiled a new commemorative \$10 bank note to celebrate the 150th anniversary of Confederation — and it will mark one of the few times a Canadian woman and an Indigenous Canadian have been featured on the country's currency.

It is also just the fourth time in Canada's history that a special, commemorative bank note has been produced.

The front of the bill depicts the faces of four federal political figures the Bank says

helped shape the country: Sir John A. Macdonald, Sir George-Etienne Cartier, Agnes Macphail and James Gladstone.

Macphail, a champion of equality and human rights, was Canada's first female member of Parliament.

First elected in 1921, she later went on to provincial politics, winning a seat in the Ontario legislature in 1943.

The bank had already announced plans to put human rights activist Viola Desmond on the \$10 bill later next year,

making her the first Canadian woman to grace a regularly circulating bank note.

Gladstone, known by his Blackfoot name Akay-namuka, was a member of the Kainai, or Blood, First Nation who fought for Indigenous rights.

In 1958, he became the first person of First Nations origin to be named to the Senate.

The new note will be available June 1 when 40 million go into circulation.

THE CANADIAN PRESS

CORRECTION NOTICE

In the April 6th publication, the Hyundai Canada ad identified savings up to 33% off the 2017 Accent L 6MT 5 Door.

The correct amount is 30% off the starting price of \$15,637 for a price adjustment of \$4,642 for the 2017 Accent L 6 MT 5-door.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION Can I confront my ghoster to demand an explanation?

Dear Ellen,
I met a woman online, we met for coffee and connected right away. We had some great dates and started making some serious plans to spend more time together. Then, after a few weeks, she cancelled by email at the last minute, and completely disappeared. She's not on the dating site anymore, or she has blocked me. Now I'm wondering whether to contact her. Women complain about being ghosted all the time, but obviously they do it too. I think I deserve an explanation. Advice?
Rick

Dear Rick,
Yes, you deserve some kind of explanation. No, you should most definitely not contact her, for the following reasons: a) she cancelled dinner, then cancelled you on the dating site, so it's not like she's lying in a ditch somewhere and needs your help; b) tracking her down and contacting her after she's ghosted you puts you firmly in stalker territory, which is not where any polite, or sane, person wants to go.

Also, while it's true that women complain about being ghosted, and then turn around and do it themselves, that fact is completely irrelevant. The female of the species can be just as rude, heartless and cruel as any other member

What she, or any one of us, must do is at least send a polite note.

of the human race, but their bad behaviour is no excuse for relaxing one's own personal standards.

I'm not saying she owed you an excessively detailed explanation. Whether she had a personal crisis, or a horrifying medical diagnosis, or an inconvenient acne breakout, or she just found another guy she liked better, she is under no obligation to tell you about any of it.

But what she, or any one of us, must do is at least

send a polite note. Nobody wants to hear "Hey, it was great to meet you and spend time with you, but I don't think this is quite right for me." But at least you'll have clarity.

The right thing for you to do here is swallow your pride, and believe that time will heal your hurt feelings.

If it's any consolation, and assuming you behaved like a gentleman throughout your brief relationship, you can also be assured that she's not good enough for you



Ani Castillo

anyway.

The ghoster, male or female, is a lazy moral coward who'd rather take the easy way out than extend another person the common decency of a formal farewell. They don't have the first inkling about what makes a good relationship. Good riddance, I say, and so should you.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

He's made calls, now Trudeau needs to put in work on feminism

Justin Trudeau's feminism needs to be more specific. Feminism, especially intersectional feminism, is a big chaotic tent. The diversity of speakers and issues at the Women's March alone were proof of that. Feminists are concerned about everything from equal pay to environmental issues to Indigenous rights.

So what exactly is the prime minister talking about when he claims to be a feminist?

At the recent Women in the World Summit, an annual conference of activists, politicians, business leaders and artists, Justin Trudeau rolled out his greatest feminist hits featuring a light Lean In seminar. He was interviewed by former New Yorker editor-in-chief and conference creator Tina Brown in front of a crowd at Lincoln Centre, reports Maclean's.

It was a master class in deflection. Asked about rising populism, he responded with a call for more women in leadership. Asked about being seen as an "elite wonder boy," he responded that he was proud of being his mother's son. Asked about his relationship with Ivanka Trump, he didn't even mention her name in his answer.

Trudeau is a master of evasion, but the New York City crowd evidently loved it.

At home, however, I can't help but roll my eyes. It's easy to be a feminist on New York City's streets, but here in Canada, I am going to need to see some receipts.

Women in Canada are still waiting for something resembling a comprehensive childcare strategy.

Women bear the brunt of the financial costs for childcare; this keeps them out of careers and in poverty. Indigenous children are still waiting for Ottawa to fulfil the order by the Canadian Human Rights Tribunal to reform child welfare.

The recently announced budget did not increase international aid at a time when the United States has reinstated the global gag rule on abortion and ended funding for the United Nations Population Fund.

The prime minister has done some positive work. He has lifted the two per cent funding cap on First Nations. Canada has joined others to fill the gap left by Trump's cuts with a \$20 million funding pledge for global reproductive health, including contraceptives and post-abortion care. After years of non-response, the government has convened the Missing and Murdered Indigenous Women inquiry. And the Liberals have sought to add a gender analysis, albeit an imprecise one, to policy decisions.

But many of Prime Minister Trudeau's policy changes leave a lot to be desired. Feminism is not a matter of branding. It requires work and accountability. Vague answers and Lean In-style calls for women to step up do a disservice to Canadian women who need their prime minister to do more.

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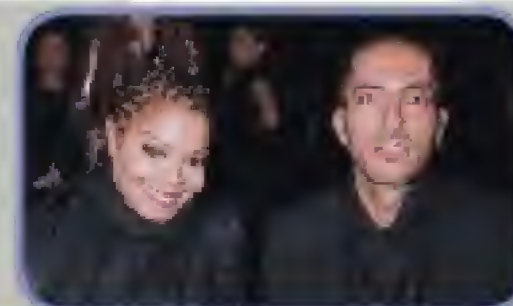
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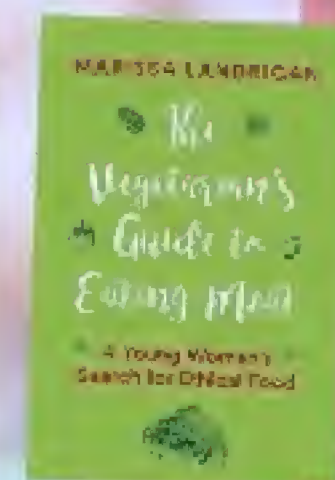
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FOOD & ETHICS

Tips for becoming an ethical eater

- Figure out what you care about most and shop accordingly.
- Shop local. Ideally, ethical omnivores eat only local, organic and humanely raised meat.
- If strictly vegetarian or vegan is too daunting, stick to a 'reducitarian' or 'flexitarian' diet that minimizes the amount of animal products.



Even the innocent strawberry could be grown with chemicals that endanger the environment and the people who work the fields, writes Marissa Landrigan. TORSTAR NEWS SERVICE FILE

Vegetarianism is not always ethical

FOOD

Giving up meat won't save the planet — or your soul

Marissa Landrigan stopped eating meat for ethical reasons — and then started eating meat for ethical reasons.

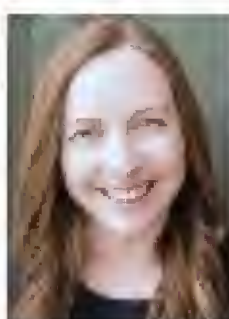
For a summer job right after college in 2007, she was researching threats to California's waterways and learned that crops, including the innocent strawberry, could be grown with chemicals that endangered the environment and the people who worked the fields.

It had never before occurred

to her, a hardcore vegetarian since her freshman year, that growing fruit and vegetables could be as ethically questionable as farming animals. A decade later, Landrigan, now 34 and a Pittsburgh area-based writing professor, extols the virtues of eating meat in her memoir, *The Vegetarian's Guide to Eating Meat: A Young Woman's Search for Ethical Food*, released this Friday.

"Ethical eating isn't about a black and white choice where vegetarian and vegan is always good and meat is always bad," Landrigan said in an interview. She now uses "ethical omnivore" as shorthand to describe how she eats.

"I had to decide what was more important: always buy-



Ethical eating isn't about a black and white choice

Marissa Landrigan, author of *The Vegetarian's Guide to Eating Meat: A Young Woman's Search for Ethical Food*

cotting meat or generally supporting the most ethical and sustainable and humane food production I could find, which would sometimes involve livestock animals."

For many like the young Landrigan, achieving a guilt-free diet means cutting out meat, eggs and dairy in order to satiate concerns over animal welfare and the environment — research has generally

shown that livestock farming is a significant contributor to greenhouse gas emissions.

In college, Landrigan disavowed meat as part of a broader sense of anticorporate activism only to discover her faux chicken, veggie burgers, even organic tomato paste could still be products of an industrial food system she opposed. For example, the vegetarian Boca Burger is sold by Kraft, which

makes hotdogs and deli meat from the largest pork producers in the U.S.

And there are plenty of other examples of dubious produce.

Demand for quinoa led to overproduction and unstable crop prices for Peruvian farmers. Avocados are associated with drug cartels and deforestation in Mexico.

Water-intensive almond growing in California was partly blamed for water shortage during that state's multi-year drought. The Vietnamese nut industry has been accused of producing "blood cashews," forcing drug addicts to shell the nuts through treatment centres doubling as labour camps. Soy crops — though mostly used for animal and chicken feed

— have been linked to destruction of the Amazon rainforest.

Though meat consumption in Canada has declined or plateaued in the past four decades — per capita red meat went down nearly 40 per cent between 1980 and 2015, according to government statistics — along with the rise of "plant-based" diets and Meatless Mondays, it's estimated only 4 per cent of Canadians do not eat animal products at all.

Landrigan tries to shop local, where her money supports her community, not a multinational conglomerate that may operate with unethical practices under some other company name — which led her to return to eating meat.

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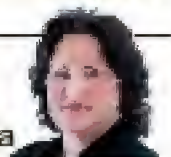
OFFLINE
READING

Taking out a lease on saving money

ADVICE

Like renting, leasing a car may be a good option for some

Gail Vaz-Oxlade
For Metro Canada



A friend of mine — we'll call him Desmond — was telling me that he's in the market for a new car.

"Paying cash, financing or leasing?" asked I, not realizing that I was about to step into a pile of poop.

"Lease..." he shouted at me, the spittle flying. "That's like dumping a whole bunch of money into a vehicle that you'll never own. It's stupid. Like renting."

Whoa now buddy, renting isn't stupid and neither is leasing, for the right person and the right reasons. (He might be considered stupid for buying a new car and taking the depreciation hit when he drives it off the lot, but I digress.) Let's look at some facts about leasing then.

Fact 1: When you lease a vehicle, you only pay for the vehicle's depreciation over the term of your lease. To figure this out, take the residual value (the estimated value of the vehicle at the end of the lease term) and subtract it from the total purchase price. This is the amount on which your payments are based, plus the lease (read interest) rate you're paying and applicable taxes.

Fact 2: At the end of your lease, you have the option of either buying the vehicle for the pre-determined residual, or returning it to the dealer.

Fact 3: A lease will mean substantially lower monthly payments because you are not making any payments on said residual value. That can free up cash flow for other things, like paying down debt that's costing you more in interest. But you will have to come up with the residual value if you want to buy the vehicle out at the end of the lease. (Yes, you can refinance the buyout, but that's gonna cost you in interest too.)



When you lease a vehicle, you only pay for the vehicle's depreciation over the term of your lease, writes Gail Vaz-Oxlade. iStock

Fact 4: You will pay more to lease if you assume the same purchase price, interest rates and total number of payments plus the residual value. What a lot of people don't get is that while you're leasing you pay interest on the full value of the vehicle, including the residual value. When you use financing, the amount on

which interest is being calculated is reduced at a faster rate so you end up paying less.

Fact 5: Leasing can work out to be a cheaper option. If the interest rate on the lease is lower, or if the term of the financing is longer, the lease will be less expensive. Shop smart. If lease rates are better

than financing rates because manufacturers are subsidizing their leases, you'll win on the lease.

Fact 6: If you are self-employed or have a company through which you are running your vehicle(s), leasing may offer a bigger tax payoff than financing.

Fact 7: Dealers may jack up the price on a car if they know you plan to lease. Don't go in declaring how you're going to pay for the car. As far as the dealer is concerned, you don't have a trade in, you don't need financing, and you don't plan to lease. You're just pricing out the car. If you're prepared to spend a little money to get the best deal (about \$40), go to Carcost-canada.com for a wholesale invoice price on the car you're looking at.

Fact 8: It's your job to read and understand your lease, including knowing your mileage and wear limits, overage charges, termination charges and buyout fees. If you know you drive a lot and the kilometre allowance will be used up in no time flat, then reconcile yourself to buying out the vehicle and start saving the money you'll need.

For more money advice, visit Gail's website at gailvazoxlade.com.

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How not to get sued by a former employer

LAW AND CONTRACTS

Know your non-compete, solicitation clauses

Genna Buck
Metro Canada



Self-driving car guru Anthony Levandowski spent nine years at Google. He was, in large part, the brains behind the search giant's venture into researching autonomous vehicles.

But in 2016, he ditched that gig to start a self-driving truck company, Otto trucking.

Then he turned around and sold Otto, a few months later, to Uber — the ridesharing juggernaut that stands to gain a lot from replacing its expensive human drivers with robots who never ask for a raise.

According to a lawsuit filed by Waymo, a Google subsidiary, before he left his job Levandowski downloaded more than 14,000 confidential files, then wiped his laptop to cover his tracks.

Allegedly, he brought Uber a treasure trove of information on Google's research on laser navigation.

Google invested a lot of money to gain that knowledge, and had a reasonable — and legally protected — right to keep it safe from competitors.

Situations like this are the reason that when you start a new job, you might be asked to sign a contract restricting what you can do once you leave it.

This could take the form of a non-compete clause, which says you can't work for a direct competitor for a certain period of time in a certain place, or a non-solicitation clause, which restricts you from "poaching" clients or employees to your new workplace.

It's also why you can't share confidential information from your old employer with your new one. (That part is common sense: You can be sued for sharing a company's se-



In a lawsuit against Uber, self-driving car guru Anthony Levandowski is accused by Waymo, a Google subsidiary, of allegedly downloading confidential information before he left. But you don't have to be a big shot to end up on the wrong side of a lawsuit. AP FILE PHOTO

crets even if there's nothing specific in your contract that says you can't).

But the situation doesn't have to be as high-profile as the Uber example for an ex-employee to end up on the wrong side of a lawsuit in Canada if they choose to leave and go to a competitor.

In this competitive landscape, workers change jobs a lot. And, especially in high-tech sectors, they may be privy to extremely valuable information. The spectre of getting sued by your former employer is more real than ever. And that can present a problem for employees who don't know their rights, according to Kumail Karimjee, an employment lawyer in Toronto who represents both workers and companies.

"People often sign contracts at the beginning of a relationship with some excitement and euphoria but not a lot of careful review," because they want to get the job and don't want to be seen as a person

who makes a fuss, Karimjee said.

But unless you are, like Levandowski, a big shot like a CEO or cofounder, non-compete clauses are almost never allowed by the courts, Karimjee explained. That's particularly true if the company has tried to sneak in a contract that's very broad, like "no working in the software industry anywhere in Canada for five years."

That's clearly not allowed, he said. But some employers will try to get you to sign off on it, anyway.

"It's all well and good for your lawyer to say, you can go ahead and work somewhere else, in my opinion it's not a valid and binding contract," Karimjee said. "That doesn't stop employers from potentially starting an action against you. For an employee, it can be a very time consuming, costly and stressful thing."

It's important to deal with such a contract issue from the very beginning, says employment lawyer Lai-King Hum. "If you see a clause that's way too general, then you want to get rid of it, or you negotiate so you limit the application of the clause," she says.

Non-solicitation clauses, meanwhile, are a little dif-

ferent.

A hairdresser, for example, who has a non-solicitation agreement can't tell everyone who sits in her chair that she's leaving the company soon and ask them to move their business to the new and better salon down the street.

Her clients or coworkers are free to jump ship and join her if they want, but she can't actively entice them away.

The key thing to understand, Karimjee said, is that the law is generally on the workers' side: People are, as a rule, free to change jobs and make a living how they please. The onus is on the employer to show the employee actually hurt them by poaching people or information.

It's good idea to seek legal advice if you're asked to sign an overly broad contract, he added.

Finally, Karimjee explained, employers may not launch these kinds of suits to save their financial bacon — but rather to settle a personal beef.

"A feeling of hurt may be driving it: 'This person burned us. We trusted this person.' And sometimes that emotion may have a greater impact on the decision-making than the refined legal analysis provided by the company's lawyer."

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People often sign contracts at the beginning of a relationship with some excitement ... but not a lot of careful review.

Kumail Karimjee

Gushue's perfect worlds

CURLING

St. John's rink defeats Sweden in final to cap unbeaten run

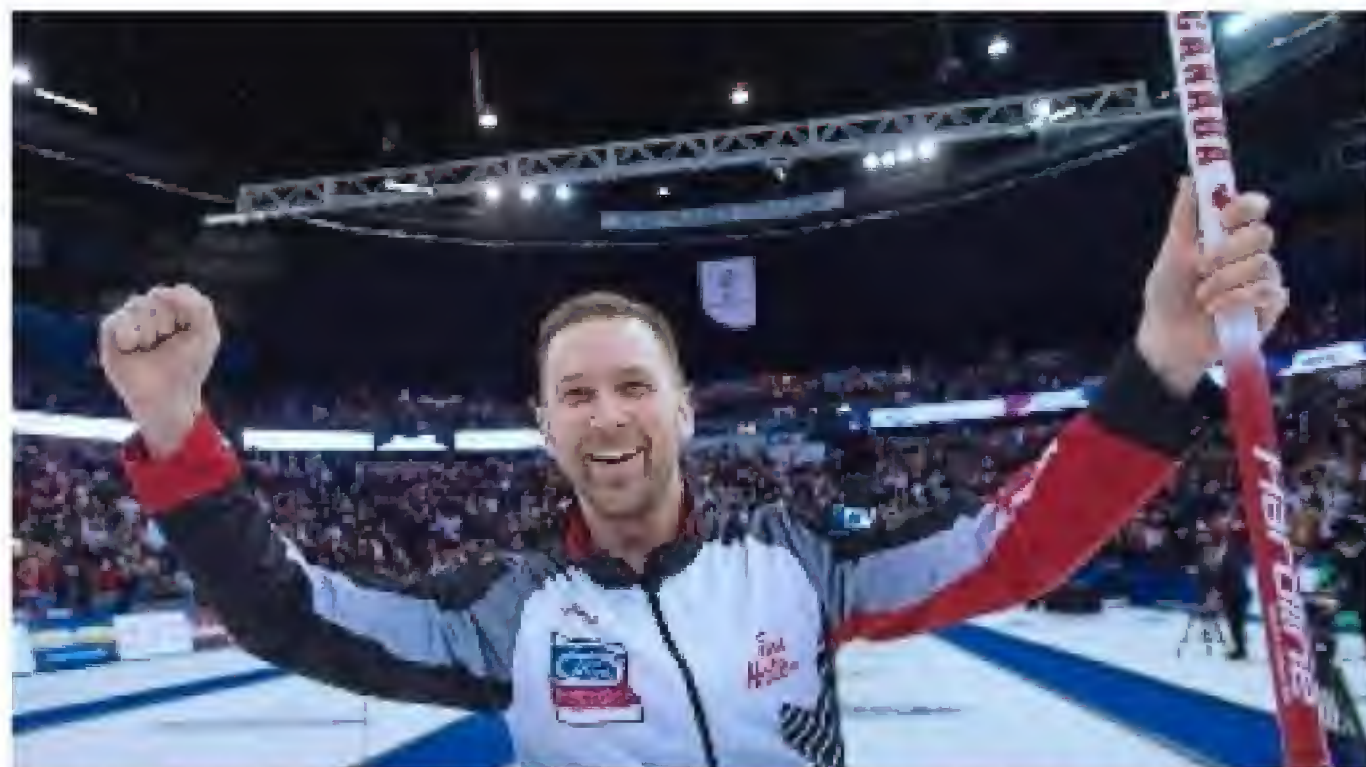
Canada's Brad Gushue completed a perfect run at the Ford World Men's Curling Championship on Sunday with a 4-2 victory over Sweden's Niklas Edin in the gold-medal game.

Gushue drew to the four-foot ring to score two points in the ninth end and delivered a take-out for the win in the 10th at the Northlands Coliseum.

He defeated Edin on three occasions en route to his first world title. Gushue beat him once during an 11-0 round-robin, topped him in the Page 1-2 game and did it again when it counted most.

"It's awesome," Gushue said. "That was a stressful game. Niklas and his team played so well. You have to give them credit. They're one of the best teams in the world."

"It took everything we had to beat them tonight."



Canada skip Brad Gushue celebrates his team's win over Sweden in the gold-medal game of the Ford World Men's Curling Championship on Sunday. JONATHAN HAYWARD/THE CANADIAN PRESS

The St. John's team of Gushue, third Mark Nichols, second Brett Gallant and lead Geoff Walker are the first rink to go undefeated at this event since Winnipeg's Kerry Burt-nyk in 1995.

Gushue is the first skip to do it in the 12-team era.

Edin, a two-time world

85,214

Announced attendance at the Northlands Coliseum was 7,292 for the final, bringing overall attendance to 85,214.

champion, got another crack at Gushue after beating Switzerland's Peter de Cruz in the semifinal a day earlier.

"We were still behind the whole game, and we needed to get something good to happen for us and we didn't do that," Edin said. "Congrats to the better team for the win."

After an opening blank, Gushue faced two Swedish stones with his final throw in the second end and delivered a hit and stick for a single.

Edin faced a similar situation in the third. The two-time world champion faced two Canadian rocks and drew to the button to pull even.

Gushue was unusually animated at times. He was exasperated after a throw was slightly offline in the fourth end, his hit rolling out a little too far for a single.

He recovered in the fifth end with a brilliant double take-out that forced Edin to settle for one.

Both skips applied early pressure but had trouble scoring more than a single. The game remained tied at two after blanks in the sixth and seventh ends.

Gushue provided an emphatic fist pump after nailing a double takeout for another blank in the eighth.

The veteran skip delivered another double takeout in the 10th end. He raised his arms in the air in triumph as his final stone was about to hit the Swedish rock. THE CANADIAN PRESS

MASTERS

Garcia seizes green jacket

Sergio Garcia tugged the lapel of his green jacket with both hands, proud of his prize and how he earned it.

His hopes were fading Sunday in the Masters — two shots behind with six holes to play — when his tee shot bounced off a tree and into an azalea bush, the kind of bad luck he had come to expect in the majors. Instead of pouting, he figured out how to make par.

Five feet away from winning, his birdie putt peeled off to the right. Usually resigned to fail, Garcia proved to be more resilient than even.

He was a new man with a new title: Masters champion.

Major champion.

"It's been an amazing week," Garcia said, "and I'm going to enjoy it for the rest of my life."

After nearly two decades of heartache in the tournaments that define careers, Garcia finally showed the mettle to win a major. He overcame a two-shot deficit against Justin Rose and won on the first hole of a sudden-death playoff. No one ever played more majors as a pro (70) before winning one for the first time.

Garcia closed with a 3-under 69. And after Rose sent his drive into the trees on the 18th hole in the playoff, the 37-year-old Spaniard had his putt swirl into the cup for a birdie and the victory.

THE ASSOCIATED PRESS



Sergio Garcia GETTY IMAGES



Ducks goalie Jonathan Bernier makes one of his 15 saves on Sunday in Anaheim. JAE C. HONG/THE ASSOCIATED PRESS

NHL

Ducks lock up Pacific Division title

Nate Thompson scored his first goal of the season to tie it with 8:26 to play and Shea Theodore won it in overtime, helping the Anaheim Ducks clinch their fifth consecutive Pacific Division title with a 4-3 victory over the Los Angeles Kings on Sunday night.

Theodore scored on a breakaway to end the Freeway Faceoff, but the Ducks (46-23-13) had already locked up a first-round playoff date with the Calgary Flames by earning a point in

PLAYOFF MATCHUPS

Western Conference

Chicago vs. Nashville
Minnesota vs. St. Louis
Anaheim vs. Calgary
Edmonton vs. San Jose

Eastern Conference

Montreal vs. N.Y. Rangers
Ottawa vs. Boston
Washington vs. Toronto
Pittsburgh vs. Columbus

their 14th consecutive game down the stretch (11-0-3).

Patrick Eaves and Antoine Vermette also scored and Jonathan Bernier stopped 15 shots

as the Ducks held off Edmonton for the top spot in the Pacific.

Dustin Brown scored a tie-breaking goal with 12:05 left for the Kings, who missed the

playoffs for the second time in three years.

The Ducks are the first NHL team to win five straight division titles since the Vancouver Canucks claimed the last five Northwest Division crowns from 2009-13. Anaheim is just the seventh team to win at least five straight in NHL history.

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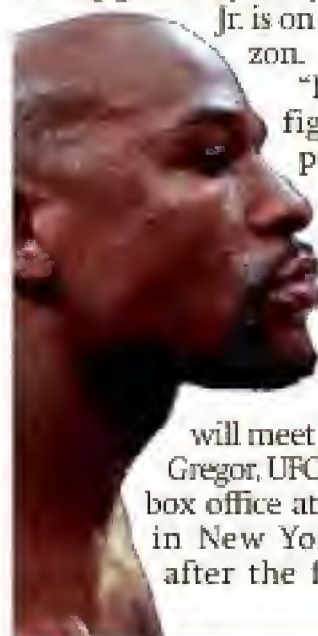
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White: I see this fight happening

MAYWEATHER VS. MCGREGOR

UFC president believes mega bout is fantasy no longer

UFC president Dana White said he was confident a proposed bout between Conor McGregor and boxing great Floyd Mayweather Jr. is on the horizon.



"I see this fight happening," White said after UFC 210. White said he will meet with McGregor, UFC's biggest box office attraction, in New York soon after the fighter's

girlfriend gives birth to their first child in May.

Once a longshot, the boxing match has inched closer to reality.

White cautioned the fight was not close to a done deal. But White said he's had talks with Mayweather's team, though there's plenty of negotiating still on the table — including the share of the purse.

“

I can't deny him this fight.

Dana White on Ireland's Conor McGregor

"The longer it takes for us to come to an agreement, the longer it takes to negotiate with the Mayweather team," White said. "Is Conor McGregor not a massive star? Floyd doesn't make this kind of money without Conor."

Mayweather, one of the great

pound-for-pound fighters who retired at 49-0 in 2015, has said he'd want the fight to be at either 147 or 150 pounds and be part of a Showtime pay-per-view package.

When asked if a deal could be struck, Mayweather said earlier this year, "absolutely." McGregor hasn't fought since he defeated Eddie Alvarez at UFC 205 in November 2016.

He has no scheduled UFC fights ahead and his next bout could see him facing up the boxing gloves.

"I can't deny him this fight," White said. THE ASSOCIATED PRESS



PREMIER LEAGUE UNITED STAYS IN HUNT FOR TOP 4 SPOT Manchester United kept pace with its Champions League qualification rivals as it pushed 10-man Sunderland closer to relegation with a 3-0 victory Sunday. Zlatan Ibrahimovic hit a superb opener before Henrikh Mkhitaryan and Marcus Rashford netted to seal the three points at the Stadium of Light. STU FORSTER/GETTY IMAGES

IN BRIEF

Souza's 3-run homer helps Rays ease past Blue Jays

Steven Souza Jr. hit a three-run homer and was involved in a scrum after a slide during the Tampa Bay Rays' 7-2 victory over the Toronto Blue Jays on Sunday.

Corey Dickerson and Jesus Sucre also homered, and Jake Odorizzi (1-1) went six effective innings for the Rays, who took three of four from Toronto at Tropicana Field. Tampa Bay has won 23 of its last 30 home series against the Blue Jays. THE ASSOCIATED PRESS

Canadian women handed loss with late German goal

Linda Dallman's 86th-minute goal gave Olympic champion Germany a 2-1 win over Canada in a women's soccer friendly Sunday in Erfurt, Germany.

Deanne Rose scored in the 39th minute for fifth-ranked Canada, which probably deserved a better fate against the top-ranked women's side in the world. German went ahead in the 15th minute on an error by goalkeeper Kailen Sheridan. THE CANADIAN PRESS

Hinchcliffe back on top of IndyCar podium

Canada's James Hinchcliffe raced to his first victory since his near-fatal accident in 2015 by hanging on for a three-lap shootout to the finish Sunday on the streets of Long Beach.

Hinchcliffe had two strong late restarts to win in a Honda for Schmidt-Peterson Motorsports. The Oakville, Ont., native nearly bled to death in an accident during practice for the Indianapolis 500 two years ago. THE ASSOCIATED PRESS

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NBA

Westbrook breaks triple-double record destroying Denver's season

First, Russell Westbrook broke Oscar Robertson's record for most triple-doubles in a season. Then, he broke the Denver Nuggets' hearts.

Westbrook's 36-foot dagger at the buzzer gave Oklahoma City a 106-105 victory, eliminating the Nuggets from playoff contention and capping an historic Sunday afternoon in which he scored 50 points to go with 16 rebounds and 10 assists.

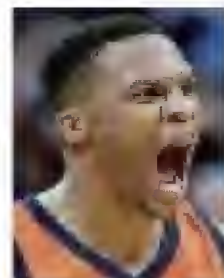
Westbrook's 42nd triple-double is one more than the

"Big O" had for the Cincinnati Royals in 1961-62, a mark that many in the NBA had considered unbreakable until Westbrook's incredible run.

The crowd gave Westbrook a standing ovation after he broke Robertson's record with his 10th assist with 4:17 remain-

ing. Then, those same fans stood in stunned silence after watching Westbrook score his team's final 15 points, including the game-winner after Steven Adams took the inbounds pass from Kyle Single with 2.9 seconds left and dished to Westbrook, whose long jumper ringed through the iron as the horn sounded.

"It was a good defence," lamented Nuggets guard Gary Harris. "I think he might have just locked up the MVP with that one right there." THE ASSOCIATED PRESS



Russell Westbrook
 GETTY IMAGES

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3	7	1	6	9	4	8	5	2
9	5	2	7	3	8	6	1	4
6	9	5	8	2	1	4	3	7
7	1	4	3	8	5	2	8	9
8	2	3	4	7	9	1	6	5

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MAKE IT TODAY

Lovely Pinkie Pie Smoothie



PHOTO: MARY VINTER

Ceri Marsh & Laura Keogh
For Metro Canada

We don't generally give cute names to our drinks but the sweetness of the strawberries, immunity boost from the coconut oil and protein in the greek yogurt make us love this smoothie enough to give it a special term of endearment.

Ready in 2 minutes
Prep time: 2 minutes
Serves 2

Ingredients

- 3/4 cup plain Greek yogurt
- 1 frozen banana, peeled, cut into chunks
- 1 cup strawberries, stems removed, roughly chopped
- 1/4 cup milk
- 2 tsp honey
- 1/4 tsp flax oil
- 1 Tbsp coconut oil
- 4 or 5 ice cubes

Directions

1. Place all ingredients in a blender and purée until smooth.

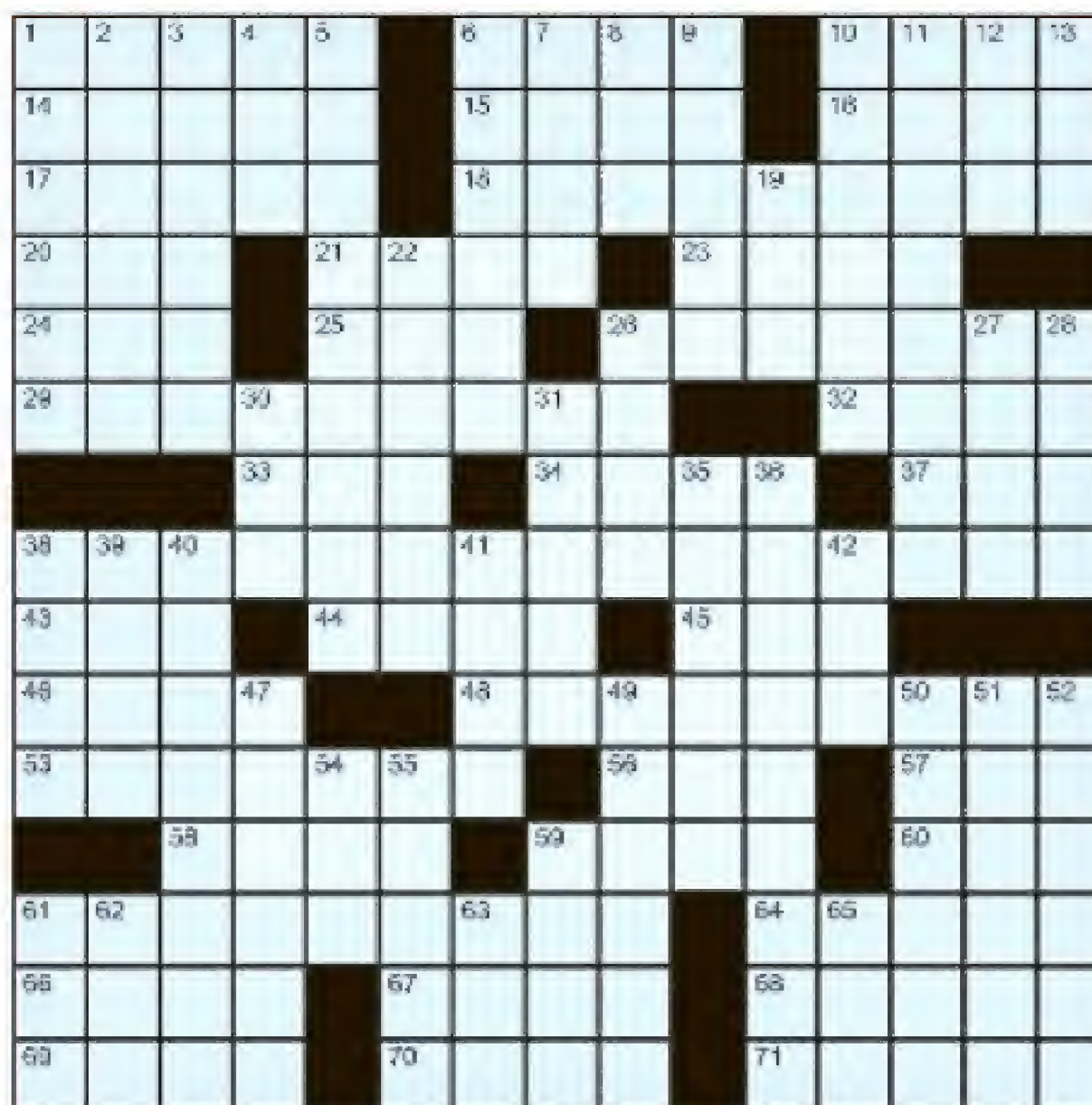
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Lovely lily
6. Workout venues
10. Flee
14. "He's ___ Nowhere Man..." - The Beatles
15. Nothing, in Montreal
16. Brit's bye-bye
17. Fishing net
18. Starter in Italian cuisine
20. 'Neal' suffix (Really tidy person)
21. Fine pursuits
23. Bible-style verb
24. 'Select' suffix
25. Mai ___ (Cocktail)
26. Missionaries in early Canada like Jean de Brebeuf (b.1593 - d.1649)
29. Luminary
32. Breeze
33. Simon Garfunkel link
34. Mr. Stoltz
37. "___ Town": Song by #38-Across
38. 'Till the Wheels Come Off' is this Canadian band's debut album: 3 wds.
43. 'Street' in Sherbrooke
44. Young hawk
45. Light switch position
46. Ancient Egyptian goddess
48. Make stronger
53. Groom's greatest guy: 2 wds.
56. Neckwear piece
57. Street for Freddy of movies
58. River of Russia
59. Walk worriedly
60. Taxi



61. Law office professional
64. 1871 premiere city of Aida
66. Comply with the instructions
67. Ms. Gilpin of "Frasier"
68. Officiated a baseball game

69. Seal herds
70. Olympian queen
71. Saint's trait

DOWN

1. Meow attractor
2. Get there
3. One giving secret info to the press

4. Court concern
5. Whitney Houston hit: 3 wds.
6. Dei ___ Regina (By the grace of God, the Queen)
7. Yangs counterparts
8. Converged
9. Sneering

10. Married or single, for example
11. Capitalize: 3 wds.
12. Affixed, abbreviated
13. Spiritual 'way'
19. Negative opposite, briefly
22. What the has-

- no-more-water well did: 2 wds.
26. Mean man
27. Stretched tight
28. Nimble
30. Downcast
31. V-formation Canadian fliers
35. Well-known, as symbols
36. Mug: 2 wds.
38. Hip-Hop house
39. River of England
40. Idled
41. Get a paycheck
42. ET's craft
47. Wanders
49. Roma's realm
50. Food Network Canada creation
51. Purplish-red
52. Incarnate
54. Seasickness, ___ de mer
55. Hebrew alphabet's first letter
59. Henry VIII's sixth/last wife Catherine
61. Coke or Pepsi
62. Blood-typing letters
63. "___ whiz!"
65. Pierre's friend

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's a mixed bag when it comes to dealing with partners and close friends today. Earlier in the day, all is sweetness and light but later, intense emotions create power struggles.

Taurus April 21 - May 21
Be careful not to promise more than you can deliver at work today, because later, someone will hold you accountable. Be reasonable and realistic.

Gemini May 22 - June 21
This is a feel-good day! Enjoy movies, musical performances, sports events and social outings, especially playful times with children. Be patient late in the day when tempers are testy.

Cancer June 22 - July 23
This is a good day for a family gettogether. It's also a good day to explore real-estate possibilities or ways to improve your home. Avoid family arguments late in the day.

Leo July 24 - Aug. 23
Your enthusiasm for something will inspire others around you. However, it might put you at odds with someone later in the day. Easy does it.

Virgo Aug. 24 - Sept. 23
This is a good day to make money. It's an excellent day for business. Later today, the breakdown of machinery or a power struggle with someone could create problems.

Libra Sept. 24 - Oct. 23
Today the Moon is lined up with your sign, which makes you sympathetic and generous. You wish the best for someone and are willing to help. Avoid arguments later in the day.

Scorpio Oct. 24 - Nov. 22
Basically, this is a feel-good day for you! You feel sympathetic toward someone and are willing to put this person's wants and needs before your own. (This is noble.)

Sagittarius Nov. 23 - Dec. 21
You will find it easy to be with friends, especially members of groups, because you are warm and sympathetic to everyone. Furthermore, you feel you are all working for a common cause.

Capricorn Dec. 22 - Jan. 20
You look good in the eyes of others today. Bosses, parents and VIPs admire you. Nevertheless, avoid arguments late in the day. Just zip thy lip.

Aquarius Jan. 21 - Feb. 19
Travel plans are exciting. You might also be stoked about opportunities in publishing, the media, medicine, the law and higher education. You rock!

Pisces Feb. 20 - March 20
This is a good day to settle differences and discuss wills, inheritances and shared property. However, avoid power struggles later in the day.

CONCEPTIS SUDOKU by Dave Green

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